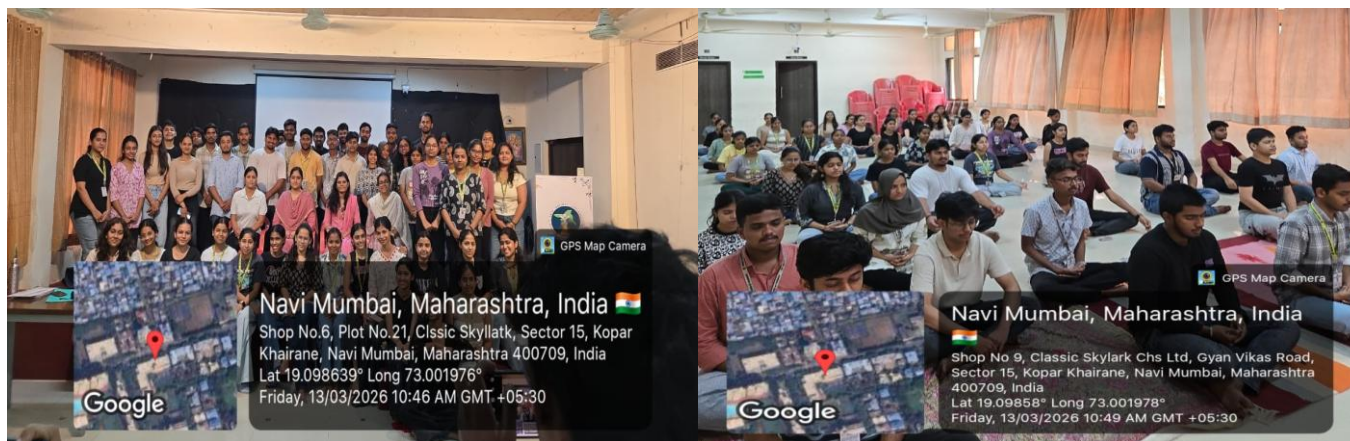


Vision - To emerge as a premier institute offering quality education in pharmaceutical sciences

Mission - To create knowledgeable and ethical professionals capable of fulfilling the needs in health care systems

National Assessment and Accreditation Council (NAAC), Bengaluru - B+ Accredited (09/04/29)
National Board of Accreditation (NBA), New Delhi - Accredited Diploma in Pharmacy (30/06/26)

Friday, March 13, 2026



13 03 2026 - YOGA SESSION



**Dr. Urvashi
Zamindar**



**Ms. Dipika Pawar
Event coordinator**

Gahlot Institute of Pharmacy organized a **Yoga Session** for students with the theme *"Improving Physical Health, Enhancing Concentration, Reducing Stress and Maintaining Mental Balance."* The objective of the session was to promote mindfulness, relaxation, and overall well-being among students.

The session was conducted by **Ms. Ujwala Mangesh Wadkar**, who guided students through basic yoga postures and breathing exercises. Students actively participated and learned techniques to improve concentration and reduce stress.

The session was well received and encouraged students to adopt yoga for a healthier lifestyle. The event was successfully coordinated by

Dr. Urvashi Zamindar and Ms. Dipika Pawar.



**Ms. Ujwala Mangesh
Wadkar**

